



**Garden City Runners**

**News Release**

**13 January 2018**

## **Announcing the Hottest Ticket in Town!**

**And another great showing at Sunday Cross Country League**

### **GCR Spring Party & Awards Night – 8<sup>th</sup> March**



Keep the date! The DJ has been booked, the feast is being finalised, and the trophies are being etched and polished. The celebrations will take place in the Fairway Function Suite, Welwyn Golf Complex, Old Hems Lane, AL7 2ED.

***Tickets will go on sale shortly, so watch out on the Facebook page as well as next week's newsletter.***

At our annual shindig, otherwise referred to as 'the event of the year', you get to swap your running gear for party wear. We celebrate awards honouring all types of GCR achievement and contribution, from the fastest winners of the midweek and cross-country leagues, to the consistent Avery race attendees, most promising newcomer and most improved runner, as well as club member and club runner of the year.

Before the awards, a sumptuous buffet is served up. Then, after the prizes have been presented and roundly cheered, you can dance the night away or just sit back and admire PETER HARVEY's legendary moves! Partners/family are also welcome to come along.

### **Beginners Course starting 15 January**

The latest group of enthusiastic beginners will be with us this Tuesday at Ridgeway Academy. SANDRA WISE is leading this programme and will be grateful for support in welcoming newcomers. Please be on the lookout for anyone looking lost or nervous in the vicinity.

## **Sunday Cross Country League – Watford**



There was another excellent turnout of 29 GCR men and 13 GCR women runners on Sunday morning at this challenging course in Cassiobury, ably supported by results recorders - HELEN PAINE and KAREN ATKINSON. Official results and finishing times were not available at the time of going to press.

The first five women who made up our scoring team were VERONICA SHADBOLT, first GCR home (178<sup>th</sup> in finishing order), CHARLEE CHAPMAN (213), HANNAH FRANK (216), REBECCA BARDEN (247) and BETHAN MOSE (251). The eight men who scored for the club were JAMES HUIISH (17), CHRIS JONES (30), JACK TANN (35), CHRIS ELAND (45), ROB CASSERLEY (56), MARKUS ALLEN (60), MALCOLM DOWN (74), and DAVE DESBOROUGH (78).

Other members taking part were SEAN BOWEN, ROB HUGHES, RICHARD SOMERSET, DANIEL PUDNER, BRAD SMITH, PATRICK BIRD, STEVE WILLIAMS, MICHAEL PAINE, CHRIS LOVEYS, ROB JONES, BELINDA MCGINLEY, STEVE GROUT, DAVE EDWARDS, ANDY SHADBOLT, TIM COOKE, MICK WISE, RICHARD DARLEY, PAUL GATENS, DAVID SELWOOD, SHENA LANCASTER, JERRY GILBERT, ROB CARTWRIGHT, WAYNE AYLOTT, LOUISE SMITH, KATH EVANS, ALEX YATES, CAROLINE HUGHES, EMMA DEMPSTER and CHARLOTTE JONES.

## **Genever's Travels – the latest Chapter**

Last weekend saw NICK GENEVER complete the latest of his endurance runs, conquering the East Hanningfield Trail Marathon, a narrative trail race (there are no marshals or arrows, you follow written instructions) following a circular route around the village of Danbury in Essex. Nick completed the course in 4:33:03.

## **parkrun Round-up**

The parkrun tourism bug seems to be taking hold, with participation of members in 12 different parkruns this week. In total, we had 63 parkrunners (as well as numerous volunteers) and consolidated results for all our members this Saturday can be found [here](#)

There were notable achievements from a number of our members. JAMES HUIISH was first runner at Highbury Fields in 18:14, while TOM WACKETT was taking third place at Gunpowder in 18:29. At Panshanger, PAUL GUY led the field in 18:08, swiftly followed by CRAIG BROWN in second in 18:14. Taking second place for men and women respectively at Ellenbrook Fields were JACK TANN 17:59 and REBECCA BARDEN 23:05, where STEVE WILLIAMS achieved a new PB of 22:12. Congratulations to brand new club members, MATT and DAWN ROYALL who also struck PB's at Ellenbrook Fields, 28:56 and 35:48 respectively.

## **Avery League 2019**

Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/>

## **Forthcoming events**

Below is the list of future events. If you know of any others that you think your fellow members would enjoy, please send details to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk).

<b>Event</b>	<b>Avery 2019 Race #</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
<b>New Beginners' Course Ridgeway Academy</b>		<b>15<sup>th</sup> January</b>	<b>6:15pm</b>	
<b>Fred Hughes 10</b>	<b>2</b>	<b>20<sup>th</sup> January</b>	<b>10:00am</b>	<i>Race full</i>
<b>Essendon Country Club 10k / 5k</b>		<b>20<sup>th</sup> January</b>	<b>8:30 am</b>	<a href="#">Click here</a>
<b>SEAA XC Champs "The Southern" - Parliament Hill Fields</b>		<b>26<sup>th</sup> January</b>	<b>TBD</b>	<i>See your captain</i>
<b>GCR parkrun tourism Gadebridge</b>		<b>2<sup>nd</sup> February</b>	<b>09:00am</b>	<i>See Facebook</i>
<b>Sunday Cross Country League #5 Royston</b>	<b>3</b>	<b>10<sup>th</sup> February</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Panshanger parkrun</b>	<b>4</b>	<b>23<sup>rd</sup> February</b>	<b>9:00am</b>	Free
<b>ECCA XC Champs "The Nationals" - Leeds</b>		<b>23<sup>rd</sup> February</b>	<b>TBD</b>	<i>See your captain</i>
<b>GCR parkrun tourism Aldenham</b>		<b>2<sup>nd</sup> March</b>	<b>09:00am</b>	<i>See Facebook</i>
<b>Cambridge Half Marathon</b>		<b>3<sup>rd</sup> March</b>	<b>TBD</b>	<a href="#">Click here</a>
<b>WGC Half Marathon</b>	<b>5</b>	<b>17<sup>th</sup> March</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Milton Keynes Festival of</b>		<b>17<sup>th</sup> March</b>	<b>9:50am</b>	<a href="#">Click here</a>

<b>Running (5K, 10K, half marathon, 20 mile races)</b>			<b>onwards</b>	
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### **Marathon Training**

If you're embarking on a training program for a spring marathon, have a look at the table below for a list of events that can help in building mileage to the marathon distance.

<b>Event</b>	<b>Distance (miles)</b>	<b>Date</b>	<b>Time</b>
<b>Gade Valley</b>	<b>12</b>	<b>27<sup>th</sup> January</b>	<b>9:00am</b>
<b>Gade Valley</b>	<b>17</b>	<b>24<sup>th</sup> February</b>	<b>9:00am</b>
<b>Thames Riverside "Race or Pace"</b>	<b>20</b>	<b>3<sup>rd</sup> March</b>	<b>8:00am</b>
<b>Lydd</b>	<b>20</b>	<b>10<sup>th</sup> March</b>	<b>10:00am</b>
<b>Milton Keynes</b>	<b>20</b>	<b>17<sup>th</sup> March</b>	<b>9:50am</b>
<b>Windsor &amp; Eton</b>	<b>20</b>	<b>16<sup>th</sup> March</b>	<b>9:00am</b>
<b>Oakley</b>	<b>20</b>	<b>24<sup>th</sup> March</b>	<b>10:00am</b>
<b>Finchley + Hillingdon</b>	<b>20</b>	<b>18<sup>th</sup> March</b>	<b>9:00am</b>
<b>Gade Valley</b>	<b>20</b>	<b>24<sup>th</sup> March</b>	<b>9:00am</b>
<b>Bedford</b>	<b>20</b>	<b>TBD March</b>	<b>10:00am</b>
<b>Eton Dorney</b>	<b>20</b>	<b>31<sup>st</sup> March</b>	<b>9:30am</b>

### **GCR Strava Group**

If you'd like to join the GCR Strava community; [click here](#) for details of the group.

### **Join Garden City Runners**

Do you live in or near Welwyn Garden City? Like running? Garden City Runners is your local running club. It has over 200 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres and right through to full marathons.

Try a few sessions before joining. Membership is only £20 per year. Membership forms are available on the GCR website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk). Please ask if you would like a paper copy.

If you want to know more about the Garden City Runners please contact Helen Paine (Secretary) or Sue Fletcher (Membership) at [gcr@gardencityrunners.org.uk](mailto:gcr@gardencityrunners.org.uk), visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/).

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